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UNITED STATES DEPARTMENT OF AGRICULTURE — Radio Service — OFFICE OF INFORMATION

HOMEMAKERS' CHAT Saturday, January 6, 1940

(For Broadcast Use Only)

Subject: "MIDWINTER APPLE DISHES." Information from the Bureau of Agricultural Economics and the Bureau of Home Economics, U. S. Department of Agriculture, and the Agricultural Adjustment Administration.

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Every year is a good year to eat apples. But now is an especially good time for Americans to eat apples -- and more apples.

This season the United States has a large supply of apples on hand. The fall apple crop was a big one--considerably above average in size. And then, the tons of apples usually shipped to England and France in the fall didn't sail this year. The war abroad is keeping American apples at home. The countries at war are not buying them.

So one good resolution for all Americans might be. Eat more apples. They're plentiful and reasonable in cost. And that old saying--"An apple a day keeps the doctor away"--has a lot of truth in it. Many people would feel better if they ate more fruit. And apples are one of the best fruits. Everybody from the toddler just learning to eat scraped apple to Grandpa sitting before the fire in the evening and slicing up his apple--every age in the family can enjoy this good American fruit.

But for the housewife with the job of planning meals the apple has a special advantage. You can use apples in so many ways in so many different dishes. You can use apples like a vegetable with the main course. You can use apples in salad--in many different salads. And for dessert you can use apples in countless ways.

Some people get into a rut about apples. They never think of using apples except for pie, or sauce, or baking. And that's too bad. Too bad to miss delicious low-cost dishes like spareribs with apple stuffing, or apples and sweetpotatoes

scalloped together, or fried apples and onions. And what a shame to miss out on desserts like apple upside-down cake, or apple compote, or apple fritters! These are just a few of the many good and inexpensive apple dishes to feaure in the family meals.

And these are just a few of the recipes in a little folder published by the Department of Agriculture, Washington, D.C. This folder is called just "Apple Recipes." You can get a copy of it by sending a postcard to the Department of Agriculture, Washington, D.C. and asking for "Apple Recipes." It is free as long as the supply lasts.

While you are waiting for your copy of "Apple Recipes", you might like to hear how to make a few of the good dishes I've just mentioned.

Here's a dish to serve with fresh pork, or ham, or sausage. It is scalloped apples and sweetpotatoes--an easy and economical dish. For a family of 5 or 6, use about 4 medium-sized raw apples and 3 medium-sized sweetpotatoes already cooked. Pare, core, and slice the apples. Pare and slice the cooked sweetpotatoes. Now place a layer of sweetpotatoes in a greased baking dish, and then a layer of apple slices. Sprinkle each layer with sugar and salt, and dot with bits of butter. Add just a little water. Bake for 30 or 40 minutes in a medium oven until the apples are soft, and the top layer is brown. Serve hot in the baking dish with the meat course.

Now about apples for dessert these midwinter days. This is the time of year when apple dishes tastes good hot. By the way, did you ever try covering the top of an apple pie with sliced or grated American cheese, and then putting the pie back in the oven until the cheese melts? That's a warm and welcome dessert for a cold day.

This is the time of year, too, when apple dishes with extra seasoning taste good. Apples begin to lose some of their fresh flavor in midwinter. So applesauce

is likely to improve if you add lemon juice and perhaps some spice like clove or cinnamon or nutmeg. Cook a few whole cloves and a little stick cinnamon along with the sauce. Remove these spices before you serve the applesauce. But if you season the sauce with nutmeg, add the nutmeg just before serving. Nutmeg gives applesauce a bitter flavor if it stands long.

One of these days when you want a colorful dessert for company or for a children's party, remember apple compote. Apple compote is easy to make but looks fancy. You make it just by cooking firm peeled and cored apples in sugar sirup. You can color that sirup with red cinnamon candy, or with green mint candy.

Here's how to cook the apples. First, make a thick sirup of equal parts sugar and water, with the candy for color and flavor. (If you add a tiny pinch of salt to the sirup, that will help bring out the flavor.) Now place those nice firm apples which you have peeled and cored in that pan of hot sirup. Cover the pan. Cook the apples slowly until they are tender but still hold their shape. (Test for tenderness with a broom-straw.)

You can serve the apples hot with hard sauce or cold with whipped cream. Or you can dress them up by sprinkling grated coconut over the top, or chopped nuts. This simple dessert is very pretty, very good, and inexpensive into the bargain.

Well, as I was saying, if you want directions for making apple dishes, you are welcome to the Department of Agriculture folder called "Apple Recipes." That folder contains about 30 recipes. And as long as the free supply lasts, you can get a copy just by sending a postcard to the Department of Agriculture, Washington, D. C.

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